



Longwood 50+ Center

March 2019

Days of Operation: Tuesday 8:30am – 3:00pm  
Wednesday 8:30am – 4:00pm

6150 Foreland Garth  
Columbia, MD 21045  
410-313-7217

Director: Kari Weidner

[www.howardcountyaging.org](http://www.howardcountyaging.org)

				Friday March 1, 2019
Monday March 4, 2019	Tuesday March 5, 2019	Wednesday March 6, 2019	Thursday March 7, 2019	Friday March 8, 2019
	Chinese Exercise 9:00am Crocheting/ Knitting & Zumba 10:00am <b>Lunch 12 Noon</b> Ping Pong & Games 1:30-3:00pm	Chinese Exercise 9:00am Zumba 10:00am <b>Lunch 12Noon</b> Ping Pong & Games 2:00- 4:00pm		
Monday March 11, 2019	Tuesday March 12, 2019	Wednesday March 13, 2019	Thursday March 14, 2019	Friday March 15, 2019
	Chinese Exercise 9:00am Crocheting/ Knitting & Zumba 10:00am Hwa Tu 10:00am- 11:30am <b>Lunch 12 Noon</b> Ping Pong & Games 1:30-3:00pm	Chinese Exercise 9:00am Zumba 10:00am <b>Lunch 12Noon</b> Ping Pong & Games 2:00- 4:00pm	Korean Church  No Ping Pong	
Monday March 18, 2019	Tuesday March 19, 2019	Wednesday March 20, 2019	Thursday March 21, 2019	Friday March 22, 2019
	Chinese Exercise 9:00am Crocheting/ Knitting & Zumba 10:00am <b>Lunch 12 Noon</b> Ping Pong & Games 1:30-3:00pm	Chinese Exercise 9:00am Bingo 10:00am <b>Lunch 12Noon</b> Ping Pong & Games 2:00- 4:00pm		
Monday March 25, 2019	Tuesday March 26, 2019	Wednesday March 27, 2019	Thursday March 28, 2019	Friday March 29, 2019
	Chinese Exercise 9:00am Crocheting/ Knitting & Zumba 10:00am <b>Lunch 12 Noon</b> Ping Pong & Games 1:30-3:00pm	Chinese Exercise 9:00am Zumba 10:00am <b>Lunch 12Noon</b> Ping Pong & Games 2:00- 4:00pm		